

DOMESTIC SCIENCE OPPORTUNITIES FOR GIRLS—SOME INTERESTING MEXICAN RECIPES—CYNTHIA

GOOD MEXICAN RECIPES GIVEN BY MRS. WILSON

Tortillas Made of Ground Cornmeal Are National Food. Appetizing Dishes of Foreign Extraction—A Joqueso Made of Peppers and Onions

By MRS. M. A. WILSON

MEXICO, formerly a Spanish province, has still retained much of its Old World grandeur, although many of the ancient customs have been modified. Others have been added which have been developed from long residence in this warm country.

Looking down that wonderful valley, the Mission valley, with its "dobe" houses and the little mission churches scattered here and there, one has but to hear the evening vesper bells ring to feel the wondrous peace and happiness that lies in this delightful old Mission valley.

Strictly Mexican, these folk grind corn and coffee in the old-fashioned mortar or between two large stones; or they use a mill that can be purchased at any Spanish or Mexican store, called metata.

Tortillas are the national article of food. They are made of finely ground cornmeal, mixed with boiling water and then flattened between the hands into thin cakes, which are then cooked in an iron griddle over hot coals. The pit-patting of the tortilla can be heard about mealtime in every well-regulated home. Enchiladas are made by spreading tortillas with a mixture of cheese, onions, olives, etc., then rolled tightly and covered with hot chili sauce.

Mexican Chili Sauce

Split open and then remove the seeds from one dozen chilis (green peppers). Now scrape the three or four veins to remove seeds that run through the pepper lengthwise. Now drop them into boiling water for fifteen minutes. Remove the skin and chop fine. Place four tablespoons of oil in an iron frying pan and add one-half cup of finely chopped onions. Cook slowly until tender, taking care not to brown. Now add two tablespoons of flour. Blend well and then add the chilis and

Two cups of tomato pulp rubbed through a fine sieve.

One cup of boiling water. Simmer slowly until thick, smooth sauce. Season with salt to taste.

Enchiladas

Place One cup of flour, One-quarter cup of cornflour, One teaspoon of salt, One tablespoon of shortening

in a mixing bowl. Sift to mix and then add sufficient water to make a dough. Break the dough into pieces the size of a large walnut and then roll out very thin. Now you may bake the tortillas on the iron griddle on top of the stove or fry them in a pan, using a little shortening. Keep on a clean towel until all are fried.

Now place two ounces of grated cheese in a bowl and add two onions that have been cooked until tender in two tablespoons of shortening and

One-half cup of finely chopped cold meat, preferably chicken.

Two tablespoons of chili sauce.

Mix to blend and then spread the tortillas with this mixture. Roll or fold and then pour over them more hot chili sauce. Care must be taken to thoroughly grease the hands with good shortening to prevent the peppers from burning the hands while preparing them.

Chili Con Carne

Cut Four ounces of pork.

One-half pound of beef.

Into small pieces and then roll in flour and brown quickly in hot fat. Add

One cup of boiling water,

Two cups of tomatoes, rubbed through a fine sieve.

Cook until the meat is tender and then add

Three onions, cut fine,

Three large potatoes cut into cubes,

One teaspoon of chili powder.

Cook until tender and then thicken the gravy. One cup of cooked beans may be added in place of the potatoes if desired.

Chicken Tamales

Soak some corn husks in cold water for two hours. Place in a saucepan

Two cups of chicken stock,

One teaspoon of salt,

Three-quarters cup of cornmeal.

Cook until thick mush, cool and then place in a bowl

Three-quarters cup of finely chopped chicken meat,

One onion, chopped fine,

Two green peppers, chopped fine,

Six olives, chopped fine,

Two dozen seeded raisins.

Mix thoroughly and then drain the corn husks. Spread a layer of the corn mush on one part, place a tablespoon of the chicken filling in place and then cover with more corn mush, forming a roll a little larger than a sausage. Tie securely in corn husk and place in a steamer or a double boiler and cook for one and one-quarter hours. Other meat may be used to replace the chicken and water may be used in place of the chicken stock to make the mush.

Tamale Pie

Four ounces of fresh pork.

One-half pound of steaming beef, cut into small pieces.

Cover with boiling water and cook until tender. Add

Two chilis (green peppers), chopped fine,

Three onions, chopped fine,

One cup of cooked beans.

Cook until tender and then thicken the gravy. Now place

One-half cup of shortening,

One cup of water,

One teaspoon of salt

in a saucepan and bring to a boil. Add two-thirds of a cup of fine cornmeal and cook until thick. Stir constantly to prevent lumping.

Lay aside one-quarter of this mixture to make the cover for the top. Now when cool enough to handle, spread on the sides and bottom of a small baking dish. Pour in the prepared meat and then pat out the balance of the mush into thin flat cake to cover the top, pinching the edges closely together; make the opening for the steam to escape. Brush the top with milk and bake for forty minutes in a hot oven.

Joqueso

Three chilis (peppers), chopped fine.

Two onions, chopped fine.

Then place three tablespoons of salad oil in a frying pan and add the peppers and onions. Cook slowly, taking care not to brown; then add

One-half cup of grated cheese,

One-half cup of milk,

One-half teaspoon of salt.

Stir until well blended and then just let it bubble up once. Pour over toasted crackers and serve.

Please Tell Me What to Do

By CYNTHIA

Address of Movie Actor

C. V.—Richard Barthelmess may be addressed through the Griffiths Film Corporation, Hollywood, Calif. Constance Talmadge's address is care of Morosco Studios, Los Angeles, Calif.

Little Friends Quarrel

Lonesome—Tell your little friend you are sorry she took offense at your remark, that you meant no harm and want to be good friends. But if she is in the habit of getting mad and sulking, it would be well to make other friends and let her seek you. There is nothing more unpleasant in life than a friend who is always getting hurt, and the best plan is to ignore the hurt. If the friend will not have the matter ignored, do not fight with her, do not notice the grievance. A person whose hurt feelings are not noticed will soon feel of being hurt and out of things. It is well to give these "sensitive plants" a bit of a lesson.

Lieutenant B. Writes Again

Dear Cynthia—I had no idea when I wrote my first letter that I'd come back so often. But the little debate is growing more interesting each day and there is no doubt that this exchanging of opinions serves to broaden our minds to a greater plane. I'm glad to see some of the readers interested in the K. U. H. C. still I must confess I'm a little disappointed at the absence of my own sex. Am I to be the only male member?

And now to make an attempt to answer our newly found friend Heana. First of all, let's shake hands. Now, you say we men insist upon making love to a girl and if resisted we drop her at once. That may mean lots of things. Surely you girls wouldn't expect to be made love to if the man came along. Love and an "imitation" are two different things. You have almost given me the impression that you never expect to either give or take love affection from one of the opposite sex. That does not seem possible.

Platonic friendship is not only possible, but it is being carried on by any number of young people. I know, because I've tried it. Take for example a certain young lady I have known for about ten years.

I have taken her to shows, dances, called upon her; in fact, we've attempted almost everything in the pleas-

Ask Mrs. Wilson

If you have any cookery problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

ure line, and not once has either of us overstepped the bounds.

Sentiment has been an unknown quantity with us. And I can honestly say that I've enjoyed every moment of the time I've been with her. She has that happy, joyous nature found in all outdoor girls. She knows when to talk and when to laugh. And yet I do not desire to marry her or to even approach anything sentimental. Nor has she. I go out with other girls and often; when our little "crowd" is together we will both be with different people.

Most of my friends are the same. Just out for a good time, thinking as much of one person as of another. Isn't that being platonic? At least, that is my understanding of the word.

I think it is often up to the girl as to what manner a fellow will assume toward her. There are girls and girls, you know. Some seem to give the impression at all times that they want to be kissed. The fellow naturally thinks, "If I don't kiss some one else will." She may be a perfectly respectable girl in all other respects, but as in many cases, her desire for affection, to be "kissed" over, gets the best of her otherwise normal wants, and you then have what some fellows claim to be a good sport.

Perhaps she is. It's a question.

Then there is the girl who, under certain conditions (spring, a moonlight night, etc.), forgets herself for a moment and permits a fellow to kiss her. Ten minutes later you couldn't touch her with a hot iron. I'd respect such a girl as much as ever, if I happened to be the fellow. Such occasions are often unavoidable. It seems to me that girls who have always been rather proud of the fact that they understood and knew how to handle men should be able to control a man diplomatically, if not in the way of love.

Truly, Heana, I am very young in some respects and older in others. To be frank, I'm twenty-three, although I believe I mentioned that before. You make me feel like a schoolboy when you speak of "young and tender years."

While I may be twenty-three years have not been exactly tender. You see, life hasn't been very easy with me. I've had many hard knocks in my struggles to get along; not all countries of people in various parts of the world, and, in short, am used to being face to face with the grim realities of life. So that, while I may be young in years, in experience I am perhaps a few years older. I've led a fairly decent life, as men go, and, to quote Kipling, "I've taken my fun where I've found it," but not exactly the "fun" he refers to. I am, and always have been, particular to good, clean, wholesome fun.

Take the rest of us I've had my share of "puppy love" affairs. Booth Jackson's "Seventeen" would fit a number of us. I imagine, I was heart-broken on at least three occasions. One affair, in particular, I was convinced was the real thing. Was even jealous of her brother, and just the sight of her would make me turn hot and cold. You know the symptoms—sullen, loss of appetite, etc. When she laughed because I tripped and fell in a mud puddle, I firmly resolved to bury myself away in the wilds of Africa, or some other place, and write a book that would startle the world. Anything to make her sorry. While these things seem funny now, still I hardly think we would be exactly human if we have not experienced these "thrills."

Would you mind telling me just what nationality you are? I have thought you were French, but I'm not quite sure. And you are not quite as old as your letter makes you appear, are you? Doesn't your expression "tender years" fit you, too? Remember, frankness is to be our slogan.

—LIEUT. B.

Heana seemed to change into a man in the second letter. Maybe he or she will answer again and tell the K. U. H. C. what he or she is. Major von L. has joined the club, too. Perhaps other men will write.

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TURNED-BACK FRONT ON COAT OF LINEN SUIT



This natty little suit is fashioned of linen. The coat has the new turned-back fronts much in vogue this season. The skirt is plain and narrow. This may be carried out in any color.

A Daily Fashion Talk by Florence Rose

IT IS rather a difficult problem to tell many women how much or how little she should spend on clothes. One only appears ridiculous by endeavoring to give any sort of an estimate, as every woman must work it out for herself according to her needs and her resources.

A certain sum stated to one woman might make her a miser and to another a wild extravagant being. A statement which I find myself making very often, too, may not seem to fit all of the women at all times; but while it may be difficult to start, I feel that, if persisted in, it wins in the end—if you can't buy the best don't buy at all.

There is so much in buying the best and the economical side of it is that buying does not have to be done so often. And then there is a sort of satisfaction in buying the best; one always feels that the thing purchased is right, and with a comfortable feeling in the mind, the exterior is sure to suit.

The French women follow a very good rule in buying clothes and buy one frock at a time. The American women, however, buy several. I have often noticed that even where women have their sewing done at home, they are seldom content with getting one dress made, but insist on two or more. This is one reason that the women on this side of the water have too many frocks, out of which they cannot get the wear, before the styles are passed. A few garments, well chosen and of good material, is, after all, the best motto for all women who really desire to look well to women.

The return of the suit to favor indicates that the women are beginning to realize this truth. With the warmer weather the attention is being turned from the navy blue serge suit to suits of lighter weight and for the summer suit there is no material better liked than linen. It is quite true there are

diseasable things about linen, but these have to be waived, because of the popularity of the material and because nothing else is offered that can quite take its place.

I am showing you a very smart suit of linen, which has the new long coat with turned-back fronts, which are buttoned to match the sleeves. Large pockets decorate the coat at the sides. The skirt is a plain two-piece affair. (Inquiries are solicited and may be addressed care of this newspaper.) (Copyright, 1919, by Florence Rose.)

Adventures With a Purse

WE HAD seen Alice's tiny new apartment for the first time, and loved it. Alice is a remarkable little housekeeper, and every bit of her furniture fairly shines. Naturally, we admired it—extravagantly. "And your draperies," I said, "are a triumph. I could hardly believe it. And mentally I was calculating what an expensive item those curtains must have been, for they certainly are lovely. "They are pretty," conceded Alice, "and do you know that material cost but seventy-five cents a yard, and it's a yard wide."

I could hardly believe it. It comes in other colors, too, and always with this gold overture. For pillows, for curtains, you could find nothing lovelier. It is a kind of silk finish material. I know of one girl who is going to make a neglige of it.

I have found some lovely Madeira dollies, quite elaborately embroidered, and most attractive. The smaller ones, about bread and butter plate size, are marked twenty cents, while the larger ones, which would come pretty close to being large enough for a centerpiece, are sixty-five cents. Both are special and unusual values.

The Question Corner

Today's Inquiries

1. What is a June bride bazaar?

2. What American woman is acting as Y. W. C. A. secretary with the Armenian and Syrian relief unit abroad?

3. In ironing silk that has been wrinkled what will give a soft finish?

4. What use can be made of men's suspenders that have lost their elasticity?

5. What little home-made contrivance will hold a bunch of garden flowers securely and artistically in a wide bowl?

6. How can the garden apron of cretonne be made in order to obviate tying or buttoning the strings every time it is put on?

Yesterday's Answers

1. Women who have had considerable experience in printing films can apply for a government position as laboratory aid, in a motion-picture laboratory. Applications are made through the civil service.

2. When hatpin holes and sunburn have made the crown of a dark straw hat unsightly, it can be cut out about an inch above the brim, and a silk crown substituted. This can be covered sparsely with flat flowers and mauline to match the hat.

3. Satin slippers can be cleaned with denatured alcohol.

4. Those who assist in receiving at an afternoon tea should not wear their hats.

5. An unusual trimming for the chiffon tunic of an evening gown is an intermittent border of large satin flowers.

6. Sewing one side of a snap fastener on a child's sash and the other side on her dress at the place where the sash should stay will keep it in place.

The Woman's Exchange

To Take Away Black Eye

To the Editor of Woman's Page:

Dear Madam—I am a reader of the EVENING PUBLIC LEDGER, and now I come to ask your advice: What will cure a black eye? What will take that darkness away from the eye? I have had this black eye one week yesterday and it does not seem any better. I cannot go any place because everybody notices it.

ANNXIOUS.

Hold an ice bag over the affected eye to take away the inflammation. It may be too late now to take it away entirely right away, but it will help it, as the cold will draw the blood away from the spot and prevent discoloration.

To Clean Leghorn Hat

To the Editor of Woman's Page:

Dear Madam—Will you please tell me through your helpful column a good way to clean a white leghorn hat?

I would also like to know how to wash white georgette crepe, crepe de chine, and white satin so it will not get yellow. A CONSTANT READER.

Brush your hat well first to take off any dust, then wipe it with a damp cloth. Then sponge with lemon juice, leaving the lemon juice on the hat. Spread a white cloth on the grass or somewhere in the sun, and place the hat on it until it is dry. Georgette crepe, crepe de chine, and satin will wash perfectly in lukewarm water and soap suds and if they are dried in the shade they should not get yellow. Unless you know that the satin is washable, do not attempt to wash it, for it will get stiff and hard.

Use Ice to Remove Blistches

To the Editor of Woman's Page:

Dear Madam—About two months ago two bites appeared on my face. After having some trouble with them two blotches were left on my face which do not look nice. Can you please tell me what can be done to make these blotches disappear.

As I have many blackheads on my nose, cheeks and chin what can be done to get rid of them?

I have a large purple shade hat. What trimming can be used?

BROWN EYES.

Have you consulted a physician about this condition of your skin? No doubt he could give you a lotion which would help it. Bathing it with cold water or rubbing it with ice might take the inflammation out of it, and make it less noticeable. For the other condition, use a good facial soap, and follow the direction exactly. Use this every night, and follow with the ice treatment, unless this seems to hurt your skin. It does, use zinc ointment, keeping a thick coat of it on over night. Trim your hat with purple grosgrain ribbon to match the hat, with purple flowers, or even light pink flowers, with a purple velvet band and pump bow, or a large purple maline bow. A shade hat really does not need a great deal of trimming, and it would be better to keep the trimming as simple as possible.

DOMESTIC SCIENCE FIELD OUGHT TO APPEAL TO GIRLS

Opportunities for Good Positions Grow Wider Every Day. Well Worth While to Take Training

A YOUNG girl who loves the things of home but wants a career outside of home asks for a suggestion as to what might be interesting for her.

Why not domestic science, "Mary Anne"? The field grows wider every day and the remuneration compares more than favorably with any other line of woman's work, and then, think of it "Mary Anne," you will be constantly dealing with the things of home.

Various amounts of training, of course, are required for the different positions, according to their individual demands. I will enumerate some of the positions so that you may know just how manifold the opportunities are:

Superintendent of dietaries in schools, colleges, hospitals and other institutions; teacher of domestic science in private schools, industrial schools, in church work and in settlements; visiting dietitian who, under auspices of charitable organizations, goes to the homes of the poor to plan diet for the tubercular father or the anemic child; the domestic science specialist who travels through the country demonstrating and lecturing for the home economics section of the United States Department of Agriculture—and so on the opportunities in this field unfold themselves.

Radio Greets Shore Veterans Atlantic City, May 21.—Atlantic City is waiting with open arms to welcome you and the boys in your command. Was the message Mayor Bacharach flashed to sea by wireless to Colonel Quiner Adams Gilmore, of the 112th Heavy Field Artillery, and Captain Frank Ervico, of Company E, 104th Engineers, both Atlantic City units.

CONSIDERING that this type of work requires specialized training and preparation you must remember it is this way with most occupations that guarantee permanency in employment, a very good salary and an abundance of work that daily grows more interesting. The trained woman worker is always being sought. She is seldom, if ever, the seeker.

Courses in domestic science are given in various schools throughout the country.

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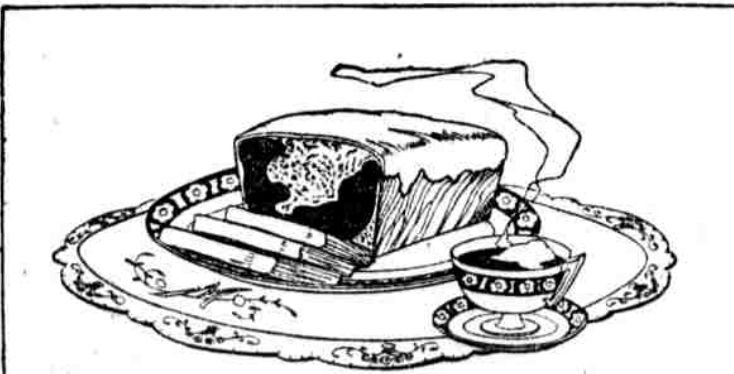
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Cakes and Compliments!

A housekeeper who can certainly serve the most delightful Sunday night suppers, gave us this COVO cake recipe. Try it when you want something really "special." See if you don't get a delightful surprise—and some delightful compliments.

COVO MARBLE CAKE

1/2 cup COVO 1/2 teaspoon salt 1/2 cup sugar 1 1/2 cups flour 2 eggs 1/2 teaspoon nutmeg 1/2 cup milk 1/2 teaspoon cinnamon 3 level teaspoons baking powder 2 tablespoons cocoa or grated chocolate 1 tablespoon molasses

Beat egg yolks light, add sugar gradually, then beat in COVO. Sift flour with baking powder and salt. Add to first mixture alternately with milk. Fold in beaten whites. Turn 2/3 this batter into bowl, add to it spices, cocoa and molasses. Mix well. Pour into well-greased pan, alternating light and dark mixtures to give the "marbled" appearance. Bake 40 to 45 minutes in moderate oven.

TRY COVO in salads. Notice the delicious nut-like flavor. Then you'll understand why the head chef of the Waldorf endorses COVO.

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